

CIF-San Diego Section Track and Field Records

Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
2019		Kenan Christon, Madison	10.30
2019	200	Kenan Christon, Madison	20.55
2024		Brandon Arrington, Mt. Miguel	20.55
2023	400	Adren Parker, Helix	46.48
2011	800	Shyan Vaziri, Scripps Ranch	1:50.15 (n)
1972	1600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3200	Thom Hunt, Patrick Henry	8:41.8*
2024	110HH	Shon Martin, Helix	13.84
2001	300IH	Jeff Hunter, Granite Hills	36.25
1998	4x100 Relay	University City	40.65
		(Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	
1996	4x400 Relay	Morse	3:10.80
		(Tawaiin Jones, Ray Carter, Kendall Pinson, Lydell Burston)	
2011	4x800 Relay	Torrey Pines	7:48.39
		(Andrew Ward, Matt Carpowich, Trent Newquist, Andrew Eckberg)	
1979	High Jump	Frank Schiefer, Madison	7-2
2021	Pole Vault	Garrett Brown, La Costa Canyon	17-2
1966	Long Jump	Doyle Steel, San Diego	25-5 ¼
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
2006	Discus	Darius Savage, Morse	212-1

Girls

Year	Event	Name, School	Mark
2012	100 Meters	Jasmine Gibbs, El Camino	11.43
2001	200	Monique Henderson, Morse	23.16
2000	400	Monique Henderson, Morse	50.74
2024	800	Tessa Buswell, Poway	2:06.51
2024	1600	Jaelyn Williams, Eastlake	4:40.29
2024	3200	Jaelyn Williams, Eastlake	9:57.11
1984	100H (30')	Gail Devers, Sweetwater	13.41
2024	100H (33')	Anisa Bowen-Fontenot, San Diego	13.59
2024	300H	Morgan Herbst, Carlsbad	41.26
1977	4x100 Relay	Crawford	45.94*
		(Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	
2015	4x400 Relay	Cathedral Catholic	3:47.63
		(Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	
2023	4x800 Relay	Del Norte	8:55.99
		(Emily Russo, Ella Echsner, Hannah Riggins, Paige Echsner)	
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2021	Pole Vault	Ashley Callahan, Rancho Bernardo	14-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
2021	Triple Jump	Elise Miller, San Pasqual	42-3 ½
2015	Shot Put	Laulauga Tausaga, Mount Miguel	48-3 ½
2016	Discus	Laulauga Tausaga, Mount Miguel	167-3

(n) Non-winning mark. (*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

All-Time San Diego Track & Field Performances

Boys

100 Meters (Fully Electronic)

Mark	Name	School	Year
10.30	Kenan Christon,	Madison	2019
10.30	Riley Washington,	Southwest	1992
10.33	Brandon Arrington,	Mt. Miguel	2024
10.42	Reggie Bush,	Helix	2002
10.45	Vince Williams,	University City	1996
10.45	Darron Norris,	El Camino	1984
10.46	Ike Okenwa,	Morse	1998
10.49	Jason Wells,	La Costa Canyon	2023
10.49	Paul Turner,	University City	1993
10.53	Kevin Shields,	San Diego	1981
10.54	Jalil Tucker,	Lincoln	2022
10.54	Moray Steward,	Orange Glen	2019
10.55	Joe Cooks,	Mission Hills	2009
10.55	Bryant Eubanks,	El Camino	1995
10.56	Matthew Priest,	Maranatha	2022
10.56	Bryce Brock,	Cathedral Catholic	2021
10.56	Maurice Patterson,	Oceanside	2007
10.59	Kyle Smith,	Mission Hills	2021
10.59	Lamont Long,	University City	2000
10.59	Stephen Hayes,	University City	1999
10.59	Darnay Scott,	Kearny	1991
10.60	Jared Pickering,	Rancho Bernardo	2011
10.60	Dax Danns,	Helix	2005
10.63	Brandon Lucas,	Poway	2014
10.63	Justin Freeman,	Carlsbad	2010
10.63	Dylan McCloskey,	El Camino	2012
10.64	Jamal Alston,	Rancho Buena Vista	2008
10.64h	Patrick Rowe,	Lincoln	1987
10.64	Benjamin Goodwin,	Christian	2017
10.65	Scott Hammond,	Lincoln	1992
10.65	Devon Ward,	University City	1998
10.65	Derrell Hutsona,	Helix	2003
10.66	R.J. Oliver,	Escondido	1999
10.66	Evan Gray,	Poway	2012
10.66	Quoi Ellis,	Mt. Carmel	2017
10.67	Blake Frazier,	University City	2001
10.67	Mike Roberts,	Henry	2000
10.67	Troy Kuretich,	San Pasqual	1981
10.67	Raymond Ethridge,	Crawford	1987
10.68	Brandon Arrington,	Helix	2023
10.68	Lamar Smith,	Mission Hills	2022
10.68	Bassim El-Sabawi,	Torrey Pines	2010
10.68	Shamar Martin,	Morse	2017
10.69	John Kendricks III,	Morse	2014

10.70	Kiyoshi Moody, Castle Park	1989
10.70	Teddy Lawrence, Morse	1990
10.70	Phillip McElroy, Morse	2017
10.70	Aaron Fruge, University City	2023
Wind-aided		
10.26	Kenan Christon, Madison	2019
10.27	Brandon Arrington, Mt. Miguel	2024

100 yards (Fully Electronic)

9.61	David Russell, Henry	1977
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100 Yards (Hand)

9.4	Elijah Jefferson, Crawford	1974
9.4	Paul Day, Kearny	1982
9.4w	Roscoe Cook, San Diego	1957
9.5	James Milton, Morse	1972
9.5	Kipperr Bell, Henry	1979
9.6	Ed Buchanan, Kearny	1958
9.6	Arnold Tripp, Crawford	1959
9.6	Vernus Ragsdale, Lincoln	1962
9.6	Charles Sanford, San Diego	1963
9.6	Lanard Morris, Lincoln	1972
9.6	Bruce Girasole, Madison	1972
9.6	Ron Edmerson, Lincoln	1975
9.6	Michael Patrick, Lincoln	1976

200 Meters

20.55	Kenan Christon, Madison	2019
20.55	Brandon Arrington, Mt. Miguel	2024
20.97	Ike Okenwa, Morse	1998
20.99	Vince Williams, University City	1996
21.00	Ray Ethridge, Crawford	1987
21.06	Reggie Bush, Helix	2002
21.07	Devon Ward, University City	1998
21.08	Riley Washington, Southwest	1992
21.09	Darron Norris, El Camino	1984
21.13	Jared Pickering, Rancho Bernardo	2011
21.16	Deun White, Rancho Bernardo	2002
21.18	Brandon Lucas, Poway	2014
21.23	Darnay Scott, Kearny	1991
21.26	Adren Parker, Helix	2023
21.26	Dax Danns, Helix	2005
21.26	Fiat Johnson, Serra	2002
21.27	Joe Cooks, Mission Hills	2009
21.30	Quoi Ellis, Mt. Carmel	2017
21.31	Michael Stevenson, Morse	1988
21.34	Lydell Burston, Morse	1996
21.35	Antony Ardis, Mission Hills	2013
21.40	Bryce Brock, Cathedral Catholic	2022
21.41	Arthur Orange, RBV	1998
21.42	Scott Hammond, Lincoln	1992
21.43	Maurice Patterson, Oceanside	2007
21.43	Paul Day, Kearny	1981
21.44	Maurice Strickland, Mira Mesa	2009

21.44	Larry Miles, Crawford	1999
21.45	Moray Steward, Orange Glen	2019
21.45	Dylan McCloskey, El Camino	2012
21.45	R.J. Oliver, Escondido	1999
21.45	Steve Hayes, University City	1998
21.46	Jere Miller, Henry	1994
21.47	Lamont Long, University City	2000
21.47	Maurice Douglas, San Diego	1999
21.47	Glen Reyes, Orange Glen	1989
21.48	Brandon Arrington, Helix	2023
21.49	Christian Sourapas, Francis Parker	2015
21.49	John Kendrick III, Morse	2015
21.51	Gerald Johnson, Sweetwater	1982
21.51	Jason Wells, La Costa Canyon	2023
21.52	Patrick Rowe, Lincoln	1987

220 Yards (Hand)

21.0	Kipperr Bell, Henry	1978
21.0	Roscoe Cook, San Diego	1956
21.0	Dave Blunt, Escondido	1961
21.0	David Russell, Henry	1976
21.1	Arnold Tripp, Crawford	1959
21.1	Vernus Ragsdale, Lincoln	1962
21.1	Russ Eckhardt, Granite Hills	1963
21.1	Bill Massey, Chula Vista	1964
21.1	Elijah Jefferson, Crawford	1975
21.2	Bill Walters, Sweetwater	1956
21.2	Ed Buchanan, Kearny	1958
21.2	Stan Morgan, Mission Bay	1964
21.2	Johnny Mack Ellis, Lincoln	1966
21.2	Milton Weaver, Pt. Loma	1978
21.3	Gary Hafner, Helix	1963
21.4	Jimmy Wilson, San Diego	1929
21.4	Mushy Pollock, San Diego	1933
21.4	Darnes Johnson, San Diego	1950
21.4	Bobby Staten, San Diego	1957
21.4	Larry Fisher, Hoover	1958
21.4	Byron Olander, Helix	1964
21.4	Bruce Girasole, Madison	1972
21.4	Danny Miller, Morse	1973

400 Meters

46.48	Adren Parker, Helix	2023
46.85	Lydell Burston, Morse	1996
46.91	Karson Lippert, La Costa Canyon	2017
47.07	Clinton Lane, Henry	1995
47.16	Vince Williams, University City	1996
47.19	Da'Sean Cunningham, University City	2003
47.20	Nico Reaves, Lincoln	2008
47.22	Michael Stevenson, Morse	1988
47.23	Ray Carter, Morse	1995
47.36	Deun White, Rancho Bernardo	2001
47.40	Walfrido Rodriguez, Mt. Miguel	2011
47.41	Jere Miller, Henry	1994

47.61	Keegan Ryan, Carlsbad	2009
47.71	Maurice Douglas, San Diego	1999
47.77	Arthur Orange, RBV	1998
47.79	Brady Douglas, Mt. Miguel	2001
47.82	Brian Thomas, Scripps Ranch	2013
47.88	Joe Cooks, Mission Hills	2008
47.88	Scott Sims, La Costa Canyon	1997
47.89	David Slaughter, Mt. Carmel	2024
47.91	Eric Parker, Helix	2019
47.99	Jose Prieto, Palo Verde	2012
48.00	David Gayden, Morse	1985
48.08	James Rhoades, Ramona	2004
48.02	Vincent Jones, Mt. Miguel	2024
48.09	Bryan Bartling, Grossmont	1997
48.10	Eric Robinson, Fallbrook	1985
48.10	Marvel Wynne, Poway	2004
48.11	Tobe Ezeokoli, Mt. Carmel	2014
48.12	Hadyn Brotschi, Eastlake	2022
48.12	Roy Carls, Pt. Loma	1982
48.14	Terran Franklin, Helix	1999
48.14	Jerome Gross, Hoover	1989
48.15	Chancise Watkins, Palo Verde	2010
48.16	Ryan Morgan, Ramona	2008
48.17	D.J. Contreras, Valley Center	2001
48.18	Patrick Rowe, Lincoln	1987
48.18	D'Angelo Gunter, Del Norte	2017
48.25	Wesley Salzman, Calvin	2019
48.27	Hosea Tate, Mt. Miguel	2009
48.30	Marcus Sumpter, Fallbrook	2008
48.31	Aiden Lippert, La Costa Canyon	2019
48.31	Marcus Pierce, Sweetwater	2009
48.34	Aaron Rogers, Carlsbad	2012
48.34	Ben Maypole, Granite Hills	2006
48.34h	Devon Ward, University City	1998
48.35	John Denny, Morse	1985
48.35	Marshall Evans, Mira Mesa	1991
48.37	Marcus Dean, Mira Mesa	2018
48.39	Brandon Lucas, Poway	2014
48.40	Jay Hackett, Morse	1999
48.44	Ricky Sharpe, Mt. Carmel	1998
48.44	Dax Danns, Helix	2005
48.45	Brandon Howard, Steele Canyon	2013
48.47	Charles Jock, Mission Bay	2008
48.51	Elliott Sanders, Hoover	2009
48.52	Malachi McCoy, Hilltop	2023
48.52	Richard Benson, Morse	2017
48.54	Rashid Shaheed, Mt. Carmel	2016
48.58	Boris McDaniel, Lincoln	2000
440 Yards		
47.28	Tony Banks, Morse	1979
47.3	Milton Mitchell, Lincoln	1970
47.3	Donald Tyler, Lincoln	1971
47.45	Michael Adkins, Bonita Vista	1979

47.6	Mike Singletary, San Diego	1965
48.1	Therlee Murphy, Lincoln	1968
48.2	Donald Moore, Morse	1974
48.4	Danny Stewart, San Diego	1977
48.5	Tom Agsten, Hoover	1963
48.6	Donn Renwick, Grossmont	1964
48.6	Bruce Ruff, El Cajon	1967
48.6	Seneca Godwin, Kearny	1968
48.6	John Willson, Pt. Loma	1972

800 Meters

1:50.15	Shyan Vaziri, Scripps Ranch	2011
1:50.21	Cain Evans, Carlsbad	2024
1:50.25	Mark Senior, Mt. Miguel	1988
1:50.31	Mac Fleet, University City	2009
1:50.47	Alex Monsivaiz, Army-Navy	2012
1:50.66	Charles Jock, Mission Bay	2008
1:51.44	Miguel Correia, Point Loma	2023
1:51.61	Alex Grigoriev, Rancho Bernardo	2013
1:51.90	Quinn Harder, San Marcos	2022
1:51.96	Jesse Camp, El Capitan	1994
1:51.99	Matt Carpowich, Torrey Pines	2011
1:52.02	Angel Cordero, Olympian	2024
1:52.04	Ryan Thomas, Torrey Pines	2023
1:52.05	Jesse O'Brien, San Pasqual	2006
1:52.11	Francis O'Neill, San Pasqual	1989
1:52.23	Matt Silva, San Pasqual	1993
1:52.33	Adrian Mangoba, Vista	2014
1:52.36	Tom Ellsworth, Pt. Loma	1983
1:52.40	Alejandro Vargas, Vista	2006
1:52.44	Carlos Bojorquez, Kearny	2011
1:52.51	Randy Pensinger, El Camino	2005
1:52.52	Noah Tellez-Velazquez, San Pasqual	2019
1:52.59	Aaron Powell, Poway	2000
1:52.67	Josiah Bowman, Sage Creek	2024
1:52.69	Sean Ricketts, Rancho Bernardo	2000
1:52.73	Shawn O'Neal, Oceanside	1980
1:52.77	Ajani Brown, Crawford	1996
1:52.84	Jimmy Ungricht, Fallbrook	2001
1:52.87	Jorge Rodriguez, Fallbrook	1989
1:52.91	Dustin Diaz, West Hills	1998
1:52.93	Bryce Gilmore, Sage Creek	2022
1:52.96	Bannon Greer, Valley Center	2014
1:53.03	Shan Forehand, Mt. Carmel	1987
1:53.04	Chris Brewer, RBV	2011
1:53.05	Trent Newquist, Torrey Pines	2011
1:53.05	Mark Hauser, St. Augustine	1994
1:53.13	Jared Emmons, Vista	2000
1:53.13	Alex Gronette, Westview	2013
1:53.21	Jarret Chinn, Poway	2017
1:53.22	Drake Prince, CV High Tech	2019
1:53.27	A.J. Acosta, El Camino	2004
1:53.38	Alfred Haselrig, Otay Ranch	2009
1:53.43	Oscar Soto, El Cajon Valley	2014

1:53.44	Jack Kuzminsky, Torrey Pines	2014
1:53.45	Ben Aragon, West Hills	2001
1:53.48	Jeree Henry, El Camino	2006

880 Yards

1:49.2	Bob Hose, Madison	1964
1:50.4	Terry Rodgers, Hilltop	1966
1:51.6	Jim Brennan, El Camino	1979
1:52.3	Paul Becklund, Henry	1975
1:52.6	Dave Brown, Poway	1978
1:52.7	Jim Cerveny, Mission Bay	1957
1:52.7	John Garrison, Hoover	1962
1:53.0	Dan Ungricht, Monte Vista	1967
1:53.2	Tim Danielson, Chula Vista	1966
1:53.3	Tom Ecklund, St. Augustine	1966
1:53.3	Armando Valencia, El Cajon	1966

1600 Meters

4:04.95	A.J. Acosta, El Camino	2006
4:05.33	Mac Fleet, University City	2009
4:06.15	Meb Keflezighi, San Diego	1994
4:06.52	Shawn O'Neal, Oceanside	1980
4:07.21	Matt Carpowich, Torrey Pines	2011
4:07.90	Ryan Thomas, Torrey Pines	2023
4:08.97	Mark Hauser, St. Augustine	1994
4:08.15	Darren Fahy, La Costa Canyon	2012
4:09.26	Allen Siegler, University City	2016
4:09.44	Evan Fox, West Hills	2000
4:09.58	Larry Henderson, Mira Mesa	1995
4:09.63	Jaden Rosenthal, SD High Tech	2018
4:09.83	Manuel Correia, Point Loma	2023
4:10.08	Jon Rankin, Monte Vista	2000
4:10.09	John Seeman, Helix	1981
4:10.09	Erik Armes, Coronado	2015
4:10.27	Joe Manuel, Kearny	1982
4:10.44	Marcus Chandler, Serra	1999
4:10.75	Paul Greer, St. Augustine	1982
4:10.78	Robert Fithen, Serra	1984
4:11.11	Derek Morton, Mt. Carmel	2014
4:11.36	Marc Davis, San Diego	1987
4:11.52	Mark Dani, Valhalla	1986
4:11.59	Troy Swier, Mar Vista	2003
4:11.64	Andy Davis, Henry	1987
4:11.64	Christian Freeman, Carlsbad	2013
4:11.64	Micah Sanchez, Liberty Charter	2023
4:11.69	Austin Jett, Eastlake	2007
4:11.75	Jason Martin, Fallbrook	1987

Mile

3:59.4	Tim Danielson, Chula Vista	1966
4:02.7i	Thom Hunt, Henry	1976
4:02.90	Mac Fleet, University City	2009
4:03.96	A.J. Acosta, El Camino	2006

4:05.5	Terry Cotton, El Cajon	1972
4:05.58	Meb Keflezighi, San Diego	1994
4:08.6	Steve Whitcomb, Helix	1979
4:08.8	Armando Valencia, El Cajon	1967
4:09.0	Francis O'Neill, San Pasqual	1989
4:09.1	Tom Davidson, El Cajon	1968
4:09.91	Daniel Das Neves, Helix	1992
4:10.0	Ron Roberts, Morse	1979
4:10.6	Tom Smith, Granite Hills	1974
4:10.8	Thorn Bigley, Clairemont	1967
4:10.8	Jay Woods, Vista	1974
4:11.33i	Mark Hauser, St. Augustine	1994
4:11.71	Bryce Gilmore, Sage Creek	2022
4:11.8	Lloyd Apgar, Lincoln	1967

3200 Meters

8:51.94h	Meb Keflezighi, San Diego	1994
8:52.65	Christian Freeman, Carlsbad	2013
8:53.23	Bryce Gilmore, Sage Creek	2022
8:53.95	Steven Fahy, La Costa Canyon	2014
8:53.78	Collin Jarvis, RBV	2009
8:54.21	Darren Fahy, La Costa Canyon	2012
8:56.38	Marc Davis, San Diego	1987
8:58.26	Micah Sanchez, Liberty Charter	2023
8:58.82	Bryce Gilmore, Sage Creek	2021
8:59.68	Chris Brewer, RBV	2011
8:59.96	Matt Carpowich, Torrey Pines	2011
9:00.07	Sean Evans, Henry	1980
9:00.32	Preston Bowlds, Henry	2002
9:00.92	Tal Braude, Torrey Pines	2014
9:01.12	Jose Vega, Chula Vista	1982
9:01.43	Kenan Pala, Francis Parker	2022
9:01.76	Caleb Niednagel, La Costa Canyon	2019
9:01.77	Eric Avila, Bonita Vista	2007
9:02.22	Marcus Chandler, Serra	1999
9:02.96	Caden Hicks, University City	2024
9:03.14	Bill Cleves, Helix	1979
9:03.2	Rich Brownsberger, Valhalla	1988
9:03.79	Mac Fleet, University City	2009
9:03.93	Jacob Pippel, Canyon Crest	2024
9:03.95	Ellis Del Sol, Hilltop	1985
9:04.02	Daniel Das Neves, Helix	1992
9:05.09	Matt McInvale, Ramona	1999
9:06.31	Nathan Osborn, SD High Tech	2022
9:06.32	Larry Henderson, Mira Mesa	1996
9:06.35	Devin Elizondo, Mission Bay	1994
9:06.63	Nathan Williams, Carlsbad	2015
9:06.90	Trevor Siniscalchi, Westview	2015
9:06.91	Tom Bell, Mt. Carmel	2023
9:07.17	Omar Reyes, El Camino	2024
9:07.27	Jonathan Velasco, Mission Hills	2019

9:07.87	Jake Richardson, Point Loma	2021
9:07.99	Eric Causey, La Costa Canyon	2012
9:08.14	Nazario Romero, San Pasqual	1992
9:08.29	Babey Wagnew, Helix	2004
9:08.34	Pat Green, La Jolla	1984
9:08.56	Travis Laird, San Marcos	2000

2-Mile

8:45.2	Thom Hunt, Henry	1976
8:46.32	A.J. Acosta, El Camino	2006
8:49.1i	Mark Dani, Valhalla	1986
8:53.8	Dale Fleet, Clairemont	1971
8:54.8	Terry Cotton, El Cajon	1972
8:55.4	Tim Danielson, Chula Vista	1966
8:59.6	Kirk Pfeffer, Crawford	1974
9:00.8	Ed Mendoza, Helix	1971
9:01.0	Otis Martin, Lincoln	1967
9:01.4	Armando Valencia, El Cajon	1967
9:02.2	Tom Davidson, El Cajon	1968
9:03.6	Don Olson, Monte Vista	1967
9:03.6	Jeff Woodland, La Jolla	1979
9:05.0	Rick Rose Helix	1979

110 Meter High Hurdles

13.84	Shon Martin, Helix	2024
13.86	Reggie DePass, Montgomery	1997
13.92	Jacob Hare, Scripps Ranch	2011
13.96	Kevin Finley, Granite Hills	2010
13.98	Jeff Hunter, Granite Hills	2001
14.03	Bryon Barmer, Helix	2004
14.06	Devon Alvarado, RBV	2016
14.08	Bobby Salimi, Rancho Bernardo	2000
14.09	Julian Todd-Borden, La Costa Canyon	2012
14.11	Jonathan Tseko-Biffle, El Capitan	2024
14.13	Ronald Brookins, Helix	2007
14.14	Elijah Muhammad, Morse	2009
14.16	Devin Hickey, Vista	2011
14.19	Jake Kuritz, Torrey Pines	1995
14.21	Devin Saunders, Rancho Bernardo	2011
14.22	Isiah Jackson, El Camino	2012
14.23	Maxwell Jefferson, Poway	2021
14.25	Steve Forte, El Camino	1995
14.28	Vincent Atilano, Cathedral Catholic	2024
14.28	Blake Frazier, University City	2002
14.30	Ramsey Hopkins, Torrey Pines	2009
14.31	Tony Golston, Pt. Loma	1999
14.31	Keith Williams, Escondido	1991
14.33	Travis Knox, San Dieguito	1984
14.36	Caleb Reese, San Marcos	2024
14.37	Jacob James, Granite Hills	2012
14.38	Chris Jones, Morse	1990
14.38	DarNell Talbert, Mt. Carmel	2001
14.39	Ben Hartinger, San Pasqual	2013

14.41	Shane Martin, Eastlake	2014
14.42	Grant Zebold, Cathedral Catholic	2012
14.43	Tyler Saikhon, EC Southwest	2018
14.43	David Klarer, Steele Canyon	2009
14.43	Eric Bell, Castle Park	1991

110 Yard High Hurdles

14.0	Bruce Mitchell, El Camino	1981
14.0	Jeff Smith, Serra	1982
14.1	Ted Scales, Lincoln	1966
14.1	David Edwards, Lincoln	1966
14.1	Marion Franklin, Lincoln	1969
14.1	Mike Person, Kearny	1972
14.1	Robert Mosley, Oceanside	1973
14.1	Willie Banks, Oceanside	1974
14.2	Ed Johnson, Oceanside	1968
14.2	Doug Jones, Lincoln	1968

300 Meter Intermediate Hurdles

36.25	Jeff Hunter, Granite Hills	2001
36.44	Kevin Jones, Mt. Miguel	1988
36.82	Felix Sanchez, University City	1995
36.98	Tony Golston, Pt. Loma	1999
37.00	Tracy Smith, RBV	1997
37.04hc	Keith Williams, Escondido	1991
37.18	Kevin Finley, Granite Hills	2010
37.20	Jay Taylor, St. Augustine	1985
37.22	Reggie DePass, Montgomery	1996
37.27	Bobby Salimi, Rancho Bernardo	2000
37.34	Brandon Bornes, RBV	2003
37.38	Jake Hare, Scripps Ranch	2011
37.42	Vincent Atilano, Cathedral Catholic	2024
37.45	Jonathan Tesko-Biffle, El Capitan	2024
37.45	Devon Alvarado, RBV	2016
37.45	Grant Zebold, Cathedral Catholic	2012
37.47	Brian Fell, Rancho Bernardo	1995
37.58	Shon Martin, Helix	2024
37.61	Alex Allen, Mt. Carmel	2011
37.65	Brandon Howard, Steele Canyon	2013
37.81	Josh Farmer, Rancho Bernardo	2018
37.88	Leyikun Solomon, Grossmont	2019
37.89	Chris Jones, Morse	1990
37.92	Jake Kuritz, Torrey Pines	1995
37.95	Julian Todd-Borden, La Costa Canyon	2012
37.98	Steve Forte, El Camino	1994
37.98	Roberto Archibold, Monte Vista	2006
38.03	Marcus Vasquez, Otay Ranch	2008
38.05	Terry Herron, Oceanside	1985
38.06	Devin Saunders, Rancho Bernardo	2011
38.08	Maxwell Jefferson, Poway	2021
38.12	Chase Peterson, Canyon Crest	2012
38.14	Cooper Bibbs, Oceanside	2016
38.14h	Dexter Monroe, Henry	1989
38.18	Shon Martin, Helix	2023

38.21	Tyrae Jones, El Camino	2002
38.22	Cameron Rohde, Torrey Pines	2023
38.24h	Travis Knox, San Dieguito	1985
38.24h	Jarrel Davis, El Camino	2005
38.26	Mike Cunningham, West Hills	2002
38.27	Bryon Barmer, Helix	2003
38.28	Danny Tragarz, Del Norte	2023
38.29	DarNell Talbert, Mt. Carmel	2000
38.30	Cory Dart, Granite Hills	2003
38.34	Caleb Reese, San Marcos	2024
38.34	Isiah Jackson, El Camino	2012
38.36	Tyler Saikhon, EC Southwest	2018
38.36	Kurt Hurley, Carlsbad	2003
38.37	David Klarer, Steele Canyon	2009
38.39	Ahmed Dent, Mira Mesa	1990
38.40	Sadat Piggee, Castle Park	1994
38.40	Tyler Nelson, Del Norte	2014
38.44	Ben Hartinger, San Pasqual	2013
38.44h	Mario O'Conner, Escondido	1989
38.44h	Osmond Swanegan, Morse	1986
38.47	Devin Hickey, Vista	2010
38.47	James Travis, Orange Glen	1998
38.49	Bruce Stone, University City	1986

400 Meter Relay

40.65	University City	1998
41.00	Helix	2002
41.00	Helix	2003
41.00	El Camino	1994
41.05	University City	2000
41.06	Morse	1997
41.16	Granite Hills	2001
41.17	Helix	2001
41.22	Morse	1995
41.23	University City	2001
41.24	University City	1999
41.25	San Diego	1999
41.30	El Camino	1995
41.34	University City	1997
41.40	University City	1996
41.41	Morse	1998
41.45	Poway	2014
41.46	Morse	2001
41.46	Morse	1996
41.51	University City	2002
41.52	University City	1994
41.56	Mission Hills	2021
41.59	University City	1995
41.59	Rancho Buena Vista	1995
41.60	San Diego	1994
41.62	Morse	1988
41.65	Mt. Carmel	2016
41.67	Rancho Bernardo	2011
41.69	Crawford	1987

41.69	Lincoln	1990
41.70	Rancho Bernardo	2024
41.70	Mission Hills	2022
41.72	Steele Canyon	2008
41.75	Helix	2022
41.82	Morse	2017
41.84	Morse	1990
41.86	Cathedral Catholic	2024
41.86	Helix	2003
41.86	University City	1993
41.87	Granite Hills	2014
41.88	Madison	2019
41.88	Serra	1982
41.88	Rancho Bernardo	1995
41.90	Helix	2024
41.90	St. Augustine	2018
41.90	Escondido	2007
41.90	Lincoln	2000
41.90	El Camino	1993

440 Yard Relay

41.5	Lincoln	1968
41.5	Oceanside	1968
41.5	San Diego	1971
41.5	Crawford	1975

1,600 Meter Relay

3:10.80	Morse	1996
3:14.54	Morse	1987
3:14.69	Henry	1994
3:15.08	Morse	1998
3:15.46	Steele Canyon	2009
3:15.48	University City	1995
3:15.54	Morse	1987
3:15.66	Lincoln	2008
3:15.77	Morse	1985
3:15.78	Poway	2013
3:15.79	Helix	2022
3:16.11	Mt. Miguel	1988
3:16.23	Helix	2003
3:16.34	University City	2003
3:16.56	Granite Hills	2001
3:16.60	Mt. Miguel	2011
3:16.73	University City	2002
3:16.77	Morse	1995
3:17.07	Mira Mesa	1990
3:17.09	Ramona	2010
3:17.17	Morse	1999
3:17.30	Serra	2000
3:17.35	Scripps Ranch	2011
3:17.54	Steele Canyon	2012
3:17.63	Lincoln	1994

3:17.96	Helix	2001
3:18.00	West Hills	2000
3:18.45	Rancho Bernardo	2000
3:18.59	Mira Mesa	1991
3:18.60	Helix	2024
3:18.63	Patrick Henry	1989
3:18.64	Mt. Carmel	2023
3:18.86	San Diego	1994

Mile Relay

3:14.8	Morse	1979
3:15.5	Lincoln	1968
3:16.4	Morse	1977
3:16.8	Morse	1974
3:18.6	Helix	1968
3:18.7	Helix	1978

3,200 Relay

7:48.39	Torrey Pines	2011
7:51.06	Mt. Carmel	2013
7:51.09	Cathedral Catholic	2012
7:51.29	Carlsbad	2024
7:51.71	San Marcos	2022
7:52.83	Rancho Bernardo	2011
7:53.35	Poway	2017
7:53.51	Torrey Pines	2009
7:54.74	Westview	2024
7:55.68	El Capitan	2024
7:55.9c	Clairemont	1968
7:57.85	Mt. Carmel	2012
7:58.1nc	Helix	1970
7:58.17	Del Norte	2013
7:58.3c	San Diego	1967
7:58.24	Point Loma	2024
7:59.25	Rancho Buena Vista	2011
7:59.5c	San Diego	1965
8:00.12	Mt. Carmel	2014
8:00.3c	Morse	1966
8:00.50	Scripps Ranch	2015
8:00.97	Torrey Pines	2021
8:01.5c	Grossmont	1963
8:02.9c	Crawford	1968
8:03.05	Del Norte	2023
8:03.3c	Grossmont	1961

High Jump

7-2	Frank Schiefer, Madison	1979
7-1	Tynan Murray, Poway	2008
7-0 ¼	Jerry Culp, Oceanside	1970
7-0	Brandon Ford, Mt. Carmel	2011
7-0	Tyler Jordan, Ramona	2010
7-0	Keno White, Rancho Bernardo	2002

7-0	Eric Hollins, Escondido	1998
6-10 ¼	Nathan Gwozdz, La Jolla	2005
6-10	Brandon Cheeks II, Mission Bay	2024
6-10	Deante Kemper, Serra	2011
6-10	Greg LaCoste, Henry	1976
6-10	Alex Williams, El Camino	1978
6-10	Kelly Watkins, San Diego	1982
6-10	Matt Farmer, Monte Vista	1987
6-10	Chris Staton, Henry	2000
6-9 ¾	Ed Hanks, Hoover	1964
6-9 ¾	Brett Edmondson, Santana	1983
6-9 ¼	Phil Singleton, San Diego	1967
6-9 ¼	Tim Brown, Morse	1967
6-9 ¼	Jim Geddes, La Jolla	1973
6-9 ¼	Brian Negrete, El Cajon	1988
6-9	Leon Gillis, Steele Canyon	2022
6-9	Cedell Morris, Steele Canyon	2015
6-9	Tyler Arroyo, Westview	2014
6-9	Brandon Green, Bonita Vista	2012
6-9	Alex Templeton, Poway	2009
6-9	Aaron McCalmont, Granite Hills	2008
6-9	Nelson Rosario, El Camino	2007
6-9	Desi Burt, Serra	2004
6-9	Jason Gatewood, RBV	1999
6-9	Johnny Green, Lincoln	1979
6-9	Dean Owens, El Cajon	1970

Pole Vault

17-2	Garrett Brown, La Costa Canyon	2021
16-8	Kai Anderson, University City	2024
16-8	Derek Scott, El Camino	2005
16-6	Jeff Coover, La Jolla	2005
16-6	Scott Finley, Granite Hills	2005
16-6	Kyle Pater, Mt. Carmel	2013
16-5	Jacob Rice, Rancho Bernardo	2019
16-5	Kevin Ward, San Dieguito	2018
16-5	Kyle Brown, La Costa Canyon	2016
16-4	Kevin Jones, University City	2006
16-4	Mike Brown, Torrey Pines	1995
16-3	Jacob Emerson, Sage Creek	2024
16-3	Connor Rouse, Vista	2012
16-2	Travis Offner, Mt. Carmel	2000
16-1	Billy Matthies, Rancho Bernardo	2003
16-1	Pat Alduenda, Ramona	1987
16-0 ½	Dylan Yarbrough, San Dieguito	2024
16-0	Joey Weisman, Torrey Pines	2024
16-0	Eli Hamson, Poway	2016
16-0	Xander Law, Otay Ranch	2013
16-0	Ryan Zacchelli, Rancho Bernardo	2012
16-0	Matt Steverson, Rancho Bernardo	2004
15-9	Zach Volpe, San Marcos	2019
15-9	Charlie Bush, Poway	2014
15-9	Dillon Fox, La Costa Canyon	2010
15-9	Jonathon Hori, Escondido	2004
15-9	Chris Buddin, Orange Glen	1993

15-9	Dan Shimooka, San Pasqual	1995
15-9	Matt Poirier, Mt. Carmel	1995
15-8	Ryan McClain, Escondido	2003
15-8	Adrian Ruark, Point Loma	2002
15-8	Jonathon Takahashi, Grossmont	2000
15-8	Andy Sullivan, Rancho Bernardo	2006
15-7	Arran Fahy, Vista	2021
15-7	Tristan Zawadzki, Patrick Henry	2015
15-7	Zack Miller, Rancho Bernardo	2003
15-7	Matt Lehman, San Dieguito	1988
15-7	Jason Rice, Fallbrook	1993
15-7	Trevor Sheldon, Mission Hills	2017

Long Jump

25-5 ¼	Doyle Steel, San Diego	1966
25-5	Jerome Price, University City	1989
25-1 ¼	Dokie Williams, El Camino	1978
24-11	Lewis King, Lincoln	1967
24-9	Derrell Hutsona, Helix	2003
24-9	Arnold Tripp, Crawford	1959
24-8 ½	Jaecob Snow, El Camino	2011
24-8 ½	Nelson Rosario, El Camino	2008
24-6 ¼	Tom Brown, Castle Park	1989
24-6	Chevy King, Castle Park	2012
24-6	Demetrious Westbrooks, Morse	2003
24-5 ¾	James Kennedy, Lincoln	1962
24-5 ½	Jalyn Jackson, Eastlake	2018
24-5 ½	Pierre Frazier, Hoover	1965
24-5 ½	Matthew DeRoos, Tri-City Christian	2017
24-5	Tanner Battikha, St. Augustine	2016
24-4	Bouncy Moore, San Diego	1968
24-4	Markel Noble, Palo Verde	2016
24-3 ¾	Dan Herman, Granite Hills	1998
24-3 ½	Sydney Rush-Dunigan, Point Loma	2013
24-2 ¾	Willie Banks, Oceanside	1974
24-2 ½	Gary Lee, Hoover	2007
24-2	Scott Hammond, Lincoln	1990
24-2	Corri Moore, Monte Vista	1993
24-2	Charles James, Morse	1997
24-2	Hansell Wilson, Valhalla	2011
24-0 ¾	Willie Steele, Hoover	1941
24-0 ¾	Eugene Gunn, Oceanside	1981
24-0 ½	Jordan Miller, Oceanside	2015
24-0 ¼	Ken Tucker, Lincoln	1959
24-0	Luther Hayes, Lincoln	1956
24-0	George Williams, Kearny	1958
24-0	Arnie Robinson, Morse	1966
24-0	Tony Hamilton, Castle Park	1978
24-0	Ray Howard, Montgomery	1979
24-0	Gary Taylor, Morse	1992
24-0	Kenan Christon, Madison	2019

Triple Jump

52-0	Von Ware, RBV	1994
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51-3	Willie Banks, Oceanside	1974
51-2 ½	Dokie Williams, El Camino	1977
51-2	Lenny McGill, Orange Glen	1989
50-5 ½	Damon Carson, San Diego	1988
50-5 ½	Draper Rivers, Morse	1997
50-3 ½	Charles Huff, La Jolla	1988
49-10 ¼	Jalyn Jackson, Eastlake	2018
49-9 ¾	Tyrone Pope, El Camino	1983
49-8 ¾	Keno White, Rancho Bernardo	2002
49-8 ½	Cary Taylor, Morse	1992
49-7 ½	Tyriff Rudder, Mt. Miguel	1997
49-6 ½	Marquis Roberts, Otay Ranch	2011
49-4 ¾	Karlin Stewart, Mt. Miguel	2006
48-9	Stefan McClure, Vista	2010
49-3 ½	Tony Ortiz, Helix	2000
48-11 ¼	Reggie Mitchell, Sweetwater	1994
48-10	Alan Osborne, El Cajon	1982
48-9 ½	Jordan Hines, Eastlake	2011
48-8 ¾	Craig Montgomery, El Camino	1978
48-8	Kevin Dodds, Oceanside	2013
48-8	Terry Sweet, Morse	1991
48-6 ½	Travis Johnson, Morse	2010
48-6	Altan Mitchell, Point Loma	2019
48-4	Joey Hauser, Vista	2003
48-4	Jordan Miller, Oceanside	2015
48-3	Trandon Harvey, Sweetwater	2001
48-3	Nelson Rosario, El Camino	2006
48-2	Anthony Sanford, Lincoln	1996
48-2	Franklin Gladney, El Camino	2005
48-2	Justin Malishan, Mission Hills	2010
Shot Put		
76-2	Brent Noon, Fallbrook	1990
66-3 ½	Darius Savage, Morse	2006
65-11 ¼	Curt Hampton, El Cajon	1974
65-5 ½	Dotun Ogundeji, Madison	2014
64-11	Pete Schmock, San Dieguito	1968
64-11	Billy Joe Winchester, Mt. Miguel	1970
64-8	Dan Ames, El Capitan	1998
64-3 ½	George Brown, Granite Hills	1967
63-10 ¾	Bernard Grady, Scripps Ranch	1999
63-4	Ken Pole, El Capitan	1978
63-3	Jared Bray, Mission Bay	2003
62-11 ½	Boldizsar Kocsor, University City	2004
62-7 ½	Tony Sotelo, Ramona	1996
62-7 ½	Matt Gauthier, Valhalla	1978
61-11 ½	Charles Lenford, Oceanside	2016
61-10 ½	Vili Makihela, San Marcos	1998
61-6 ¼	Ed Speed, Grossmont	1961
61-5 ¾	Jim Wade, Grossmont	1957
61-4	Brian Boggess, El Capitan	1986
61-2 ¼	David Spates, Monte Vista	2008
60-10 ½	Greg Baer, Grossmont	1973
60-10	Dick Verdon, Hoover	1957
60-9	Doug Nelson, Helix	1964

60-8	Mark Malone, El Cajon	1976
60-5	Taras Rhode, Fallbrook	1998
60-4 ½	Dick Bronson, Grossmont	1954
60-3 ¼	Steve Dougherty, Mt. Miguel	1969
60-2 ½	Mark Bailey, Helix	1979
60-1 ¼	John Pottinger, Helix	1961
60-0 ½	Blake Asbill, Carlsbad	2009

Discus

212-1	Darius Savage, Morse	2006
206-5	Daniel Schaerer, Bishop's	2004
200-8	Brent Noon, Fallbrook	1990
199-9	Dan Ames, El Capitan	1999
195-8	Billy Joe Winchester, Mt. Miguel	1970
195-4	Charles Lenford, Oceanside	2015
194-5	Dotun Ogundeji, Madison	2014
194-4	Brenden Song, West Hills	2013
194-1	Thomas Hart, St. Augustine	2010
192-6	Mark Malone, El Cajon	1976
191-3	Brian Boggess, El Capitan	1986
191-2	Matt Gauthier, Valhalla	1977
189-8	George Liebe, Granite Hills	1995
188-10	Mark Weber, El Camino	2007
188-10	Travis Jones, Mira Mesa	2000
186-9	Jonathon Ward, Poway	2000
185-7	Mark Bailey, Helix	1979
185-5	Tyler Knowles, Rancho Buena Vista	2023
183-10	Phil Cookson, Grossmont	1980
183-4	David Spates, Monte Vista	2008
183-3	Mike Tull, Fallbrook	2006
183-0	Nick Allotta, Rancho Bernardo	2003
182-11	Mike Armstrong, University City	1999
182-9	Kris Lettow, Helix	1976
181-11	Anthony Gash, Helix	2024
181-9	Bill Harvey, Vista	1973
180-7	Connor Anderson, Ramona	2016
180-3	Tooran Gilliam, San Diego	1997
180-2	Tyler Ellis, Rancho Bernardo	2003
179-7	Logan Peterson, Ramona	2010
178-3	Tony Sotelo, Ramona	1996
178-2	Jamal Newman, El Camino	2013
177-10	Paul Holborn, Valhalla	1980
176-9	Ryan Telemaque, Sage Creek	2024
176-2	Boldizsar Kocsor, University City	2004

Decathlon

6963	Josh Farmer, Rancho Bernardo	2018
6750	Tyler Nelson, Del Norte	2014
6412	Ryan Thomsen, Calvin	2016
6343	Connor Luck, Mission Vista	2018
6314	Zach Pedroza, Scripps Ranch	2016
6248	Kevin Gatewood, RBV	1999
6215	Matt Farmer, Monte Vista	1987
6211	Grant Zebold, Cathedral Catholic	2012
6129	Ivy Adair, Rancho Bernardo	2013
6017	Charlie Bush, Poway	2014

All-Time San Diego Track & Field Performances

Girls

100 Meters

Mark	Name	School	Year
11.43	Jasmine Gibbs,	El Camino	2012
11.51	Amirah Shaheed,	Madison	2024
11.51	Gail Devers,	Sweetwater	1984
11.53	Suzie Acolatse,	Mission Hills	2015
11.56	Jackie Thompson,	Lincoln	1973
11.61	Aysha Shaheed,	Madison	2021
11.61	Monique Henderson,	Morse	2000
11.65	Jolanda Diego,	El Camino	2004
11.69	Jenna Puterbaugh,	Santa Fe Christian	2010
11.70	Lauren Gilhooly,	Coronado	2024
11.71	Tenille Stoudenmire,	Rancho Bernardo	2009
11.75	Jackie Patterson,	Rancho Bernardo	2015
11.76	Aaliyah McCormick,	Scripps Ranch	2022
11.83	Payton Smith,	La Jolla	2024
11.84	Akiba McKinney,	Monte Vista	1995
11.87	Alysah Hickey,	Coronado	2018
11.87	Alicia Lowery,	Morse	2003
11.89	Kortney Ross,	Westview	2010
11.90	Tashia McKinney,	Monte Vista	1990
11.91	Callista Fletcher,	Scripps Ranch	2017
11.92	Angela Sullivan,	Serra	1991
11.93	Velisa Harris,	Morse	1983
11.96	DeCola Groce,	Morse	1997
11.97	Elizabeth Hatton,	Sage Creek	2022
11.97	Ellen Jones,	Mt. Miguel	1981
11.98	Hannah Labrie-Smith,	Cathedral Catholic	2014
11.98	Jaymie Ruskovich,	Scripps Ranch	2019
11.98	Natalia Dougan,	Mt. Carmel	2019
11.98	Miche Scott,	El Camino	2012
11.98	Sparkle Anderson,	Serra	2003
11.99	Zakirrah Beverly,	USDHS	2001
11.99	Kunessa Miller,	Morse	1994
12.02	Holly Stallman,	Ramona	2016
12.03	Joelle Frazier,	University City	2024
12.03	Khyla Freeman,	Carlsbad	2014
12.03	Kim Matthews,	Morse	1987
12.04	Mandy Ross,	Christian	2006
12.05	Ily Barclay,	Steele Canyon	2023
12.05	Summer Sargeant,	Vista	2021
12.06	Chris Cooksey,	Hoover	1981
12.06	Malaya Taylor,	Bishop's	2023
12.08	Kolumbia Page,	Olympian	2018
12.08	Ashley Rhodes,	Mt. Miguel	1986
12.09	Kalah Bateman,	Eastlake	2019
12.09	Alexis Ferebee,	Mission Bay	2012
12.09	Yolanda Fitch,	Morse	1987
12.09	Angela Kimmey,	University City	1989

12.10	Rashauna Amos, E.C. Southwest	2004
12.10	Aja Wheeler, University City	2005

100 Yards

11.7	Judy Reed, Crawford	1978
11.8	Vicki Belser, Vista	1977
11.8	Janice Wiser, La Jolla	1978
11.8	Chris Herring, Morse	1978
11.9	April Freow, Morse	1985
11.9	Charlotte Zepherin, Morse	1980

200 Meters

23.08	Jackie Thompson, Lincoln	1973
23.16	Monique Henderson, Morse	2001
23.52	Amirah Shaheed, Madison	2024
23.56	Jolanda Diego, El Camino	2004
23.69	Suzie Acolatse, Mission Hills	2015
23.70	Jenna Puterbaugh, Santa Fe Christian	2010
23.88	Jasmine Gibbs, El Camino	2012
23.93	Tenille Stoudenmire, Rancho Bernardo	2009
24.06	Kim Matthews, Morse	1987
24.07	Aysha Shaheed, Madison	2021
24.11	Shakara Lott, University City	2005
24.15	Alyssa Bean, Poway	2021
24.17	Jackie Patterson, Rancho Bernardo	2016
24.21	Angela Sullivan, Serra	1991
24.30	Jaymie Ruskovich, Scripps Ranch	2019
24.36	Lauren Gilhooly, Coronado	2024
24.33	Lana Garner, Morse	1996
24.43	Ily Barclay, Steele Canyon	2024
24.43	Allison Dring, Mt. Carmel	1990
24.44	Katrina Wright, University City	2019
24.44	Melissa Mongiovi, West Hills	2013
24.46	Nastassja Hall, RBV	2000
24.48	Summer Sergeant, Vista	2021
24.49	Kunesha Miller, Morse	1994
24.49	Alexis Hernandez, Mt. Carmel	2012
24.49	Callista Fletcher, Scripps Ranch	2017
24.51	Akiba McKinney, Monte Vista	1995
24.52	Vanessa Houston, Hoover	2009
24.54	Jada Wilson, El Camino	2016
24.54	Vanessa Bobo, Morse	2005
24.60c	Ellen Jones, Mt. Miguel	1981
24.61	Dani Johnson, Cathedral	2013
24.62	DeCola Groce, Morse	1997
24.63	Leia Solango, Mira Mesa	2018
24.63	Monica Henderson, Morse	1990
24.64	Zikarrah Beverly, USDHS	2001
24.64	Summer Mason, Carlsbad	2015
24.66	Mandy Ross, Christian	2006
24.66	Karly Zlatic, La Jolla	2012
24.69	Jonette Smiley, Serra	2001
24.69	Velisa Harris, Morse	1983

24.71	Angela Kimmey, University City	1990
24.72	Joelle Frazier, University City	2024
24.72	Tianna Ruskovich, Mt. Carmel	2024
24.72	Casey Loveland, Granite Hills	1996
24.73	Laraigh Allen, Helix	2022
24.74	Kapiolani Coleman, Cathedral Catholic	2022
24.74	Elizabeth Hatton, Sage Creek	2019
24.75	Taylor Larch-Miller, Torrey Pines	2012
24.75	Tashia McKinney, Monte Vista	1990
24.76	Kolumbia Page, Olympian	2018
24.77	Shanique Simpson, Morse	2016
24.77	Janie James, Helix	2005
24.78	Natalia Dougan, Mt. Carmel	2019
24.78	Rashauna Amos, E.C. Southwest	2004
24.82	Shani Freeman, Crawford	1990
24.83	Viviana Gonzalez, Mater Dei	2013
24.83	Ciera Ray, Fallbrook	2000
24.84	Payton Smith, La Jolla	2022

220 Yards

24.0	Judy Reed, Crawford	1978
24.2	Janice Wisner, La Jolla	1974
24.3	Vicki Belser, Vista	1976
24.4	Danita Young, Crawford	1978
24.6	Lauren Russell, Mt. Carmel	1982
24.6	Nikki Majsterski, Serra	2009

400 Meters

50.74	Monique Henderson, Morse	2000
53.39	Payton Smith, La Jolla	2024
53.53	Janice Wisner, La Jolla	1974
53.93	Katriina Wright, University City	2019
54.05	Shakara Lott, University City	2005
54.09	Lana Garner, Morse	1996
54.29	Allison Dring, Mt. Carmel	1990
54.37	Janie James, Helix	2005
54.38	Nicoletta Burkhardt, Steele Canyon	2024
54.70	Melissa Mongiovi, West Hills	2013
54.79	Charlotte Zepherin, Morse	1980
54.96	Alyssa Bean, Poway	2022
55.19	Shani Freeman, Crawford	1989
55.37	Makenna Herbst, Carlsbad	2023
55.42	Alexis Hernandez, Mt. Carmel	2012
55.50	Madeline Cramer, Bishop's	2019
55.58	Betsy Armitage, Clairemont	2013
55.63	Vanessa Houston, Hoover	2009
55.74	Olivia Firsching, Cathedral Catholic	2017
55.75	Whitney Schmucker, La Jolla	2001
55.82	Lesley Noll, Mt. Carmel	1985
55.94	Kaitlyn Arciaga, Westview	2024
55.95	Dakota Stanly, Mission Hills	2018
55.98	Lauren Lopez, Carlsbad	2013
56.04	Kelly McCann, La Costa Canyon	2002
56.14h	Amy Jones, Henry	1981

56.16	Karly Zlatic, La Jolla	2012
56.17	Adaeze Noble, Olympian	2018
56.17	Yolanda Fitch, Morse	1986
56.21	Tanna Schornstein, Torrey Pines	2021
56.22	Corryn Barney, Henry	2011
56.25	Hannah Labrie-Smith, Cathedral	2015
56.26	Sierra Roberson, La Jolla	2019
56.27	Gail Devers, Sweetwater	1982
56.28	Brianna Sproles, Scripps Ranch	2019
56.30	Gabby Scott, Westview	2015
56.34	Ann Caroline Kaseberg, Torrey Pines	2016
56.43	Mandy Ross, Christian	2006
56.46	Nia Akins, Rancho Bernardo	2016
56.46	Miriam White, Southwest	1985
56.48	Karina Janik, Torrey Pines	2023
56.49	Michelle Gould, La Costa Canyon	2014
56.53	Emery Gonzales, Torrey Pines	2024
56.53	Betsabe Ornelas, Olympian	2016
56.53	Paige Richard, Poway	2017
56.54h	Karen Nielsen, Valhalla	1984
56.54	Leyla McFarland, Eastlake	2017
56.58	Erin Murray, San Pasqual	2019
56.59	Sabrina Edge, RBV	1996
56.64	Amy Taylor, Rancho Bernardo	1998
56.65	Jasmine Winfield, Oceanside	2002
56.67	Morgan Herbst, Carlsbad	2024
56.67	Tracy Baker, Monte Vista	1985
56.67	Starla Henderson, Morse	1998
56.70	Arionn Livingston, Steele Canyon	2022

440 Yards

56.2	Tracy Baker, Monte Vista	1982
57.1	Helen Fulton, Bonita Vista	1977
57.2	Vanessa Thompson, San Diego	1976

800 Meters

2:06.45	Makenna Herbst, Carlsbad	2024
2:06.51	Tessa Buswell, Poway	2024
2:06.69	Hannah Riggins, Del Norte	2023
2:07.32	Kaitlyn Arciaga, Westview	2024
2:08.00	Lesley Noll, Mt. Carmel	1985
2:08.46	Laura Chapel, University City	1986
2:08.74	Jenna Timinsky, San Dieguito	2002
2:08.85	Kiley McCarthy, Carlsbad	2015
2:08.91	Nia Akins, Rancho Bernardo	2015
2:09.06	Darcy Arreola, Grossmont	1985
2:09.11	Charlotte Kuzminsky, Canyon Crest	2011
2:09.23	Chiara Dailey, La Jolla	2023
2:09.38	Sakura Roberson, La Jolla	2017
2:09.42	Whitney Schmucker, La Jolla	2002
2:09.87	Jaelyn Williams, Eastlake	2024
2:09.94	Alli Billmeyer, Torrey Pines	2010
2:10.15	Denise Upsher, Torrey Pines	1986
2:10.45	Kelly McCann, La Costa Canyon	2003

2:10.70	Carina Gillespie, Otay Ranch	2013
2:10.74	Dominika Janik, Torrey Pines	2023
2:11.07	Gail Devers, Sweetwater	1982
2:11.24	Madeline Cramer, Bishop's	2022
2:11.27	Jessica Riedman, La Costa Canyon	2019
2:11.79	Camille Dredge, Torrey Pines	1999
2:11.94	Jayce Farmer, Rancho Bernardo	2022
2:12.03	Robin Eager, Vista	1985
2:12.12	Ashlyn Dadkhah, Torrey Pines	2012
2:12.16	Elizabeth Apgar, Lincoln	2009
2:12.24c	Melanie Hand, Fallbrook	1992
2:12.27	Sophia Biesinger, La Costa Canyon	2023
2:12.28	Katie Sammer, Rancho Bernardo	2013
2:12.34	Nihal Kayali, La Jolla	2009
2:12.36	Paige Echsner, Del Norte	2023
2:12.44	Allison Hall, Rancho Bernardo	2002
2:12.48	Amonica Phipps, Morse	2001
2:12.53	Miriam Aguirre, Patrick Henry	2024
2:12.53	Kaya Scuba, Sage Creek	2024
2:12.61	Holly Neshat, Scripps Ranch	2012
2:12.62	Sammy Silva, Our Lady of Peace	2009
2:12.66	Trinity Dixon, San Marcos	2022
2:12.69	Cassie Atkinson, El Capitan	2004
2:12.77	Natalie Neshat, Scripps Ranch	2012
2:12.80	Tracy Baker, Monte Vista	1983
2:12.81	Lindsey Zimmer, Cathedral Catholic	2024
2:12.92	Julia Morales, Scripps Ranch	2018
2:12.99	Dani Schuster, Torrey Pines	2003
2:13.08	Kelly Bernd, Canyon Crest	2015
2:13.26	Kristi Bache, USDHS	1988
2:13.31	Sierra Roberson, La Jolla	2017
2:13.33	Kalista Villatoro, Canyon Crest	2023
2:13.38	Teresa Perez, Coronado	2017
2:13.39	Dasha Zerboni, Canyon Crest	2023
2:13.41	Amanda Post, Cathedral Catholic	2010
2:13.48	Charity Stowell, Mt. Carmel	1990
2:13.53	Amanda Moore, Torrey Pines	2006
2:13.68	Susan Scott, Mt. Carmel	1991
2:13.85	Kaelyn Harbison, Westview	2013
2:13.98	April Montgomery, Helix	2003
2:13.99	Hallie Pullum, Point Loma	2014

880 Yards

2:12.0	Kristina Hand, Fallbrook	1988
2:12.8	Beth Howell, San Dieguito	1975
2:14.0	Nel Griffith, Henry	1980

1,600 Meters

4:40.29	Jaelyn Williams, Eastlake	2024
4:41.42	Hannah Riggins, Del Norte	2023
4:41.71	Alli Billmeyer, Torrey Pines	2011
4:42.26	Chiara Dailey, La Jolla	2024
4:42.77	Darcy Arreola, Grossmont	1986
4:45.46	McKenna Brown, La Costa Canyon	2018

4:45.46	Tina Allen, Santana	1982
4:45.94	Gioana Lopizzo, La Costa Canyon	2023
4:45.98	Kira Jorgensen, Vista	1987
4:47.67	Sammy Silva, Our Lady of Peace	2009
4:48.20	Kelly Lawson, La Costa Canyon	2011
4:48.34	Kristin Fahy, La Costa Canyon	2019
4:48.75	Mackenzie Rogers, Poway	2022
4:48.76	Tessa Buswell, Poway	2023
4:49.50	Erin Menefee, Mt. Carmel	2010
4:49.53	Laura Chapel, University City	1986
4:49.64	Molly Grabill, Rancho Bernardo	2010
4:50.02	Emma Abrahamson, La Costa Canyon	2014
4:50.74	Jessica Riedman, La Costa Canyon	2018
4:50.83	Milena Glusac, Fallbrook	1993
4:51.11	Kaya Scuba, Sage Creek	2024
4:51.39	Kelly Bernd, Canyon Crest	2015
4:52.29	Ayanna Hickey, Bishop's	2024
4:52.30	Erin Gillingham, Torrey Pines	2009
4:52.42	Claire Rethmeier, San Pasqual	2004
4:53.36	Megan Morgan, Torrey Pines	2010
4:53.75	Jacey Farmer, Rancho Bernardo	2019
4:54.21	McCall Dame, El Camino	2022
4:54.23	Desiree Davila, Hilltop	2000
4:54.23	Dani Schuster, Torrey Pines	2002
4:54.24	Hannah Aguirre, Patrick Henry	2024
4:55.08	Julie Ott, USDHS	1997
4:55.72	Anne Charles, Canyon Crest	2012
4:55.72	Jenna Timinsky, San Dieguito	2002
4:55.94	Bella Longo, Mission Vista	2019
4:56.04h	Julie Bates, Mira Mesa	1984
4:56.16	Jennifer Sheflo, Poway	1984
4:56.18	Caitlin Krol, Cathedral Catholic	2012
4:56.20	Claire Becker, Bonita Vista	1993
4:56.25	Katy Andrews, La Costa Canyon	2006
4:56.43	Julie Komosinski, Torrey Pines	1999
4:56.77	Jessie Ooms, University City	2003
4:56.79	Gabriella Peters, Sage Creek	2024
4:56.86	Kate Weaver, Helix	2024
4:57.12	Luz Mercado, Eastlake	2019
4:57.40	Kaitlyn Arciaga, Westview	2024
4:57.48	Annika Salz, Torrey Pines	2021
4:57.51	Brianna Miller, Carlsbad	2012
4:57.63	Lorin Scott, San Pasqual	2004
4:57.69	Lindsay delaMontaigne, Rancho Bernardo	2005
4:57.70	Sophia Biesinger, La Costa Canyon	2023
4:57.84	Bre Schofield, Carlsbad	2007
4:57.88	Sandy Blakeslee, Vista	1983
4:57.90	Trinity Dixon, San Marcos	2022
4:57.90	Sabrina Seay, Mt. Carmel	2013
4:58.01	Carlie Dorostkar, Canyon Crest	2019
4:58.10	Navah Lipsky, Francis Parker	2024
4:58.11	Julia Yang, Westview	2012
4:58.27	Savannah Vasquez, Mission Hills	2010
4:58.80	Lindsay Zimmer, Cathedral Catholic	2023

4:58.87	Shanna St. Laurent, Rancho Buena Vista	2008
4:58.91	Sariah St. Laurent, El Camino	2004
4:58.96	Lexi Watkins, LJCD	2018
4:58.95	Scarlett Martin, Cathedral Catholic	2024
4:59.00	Kiley McCarthy, Carlsbad	2017

Mile

4:44.47	Chiara Dailey, La Jolla	2023
4:47.01	McKenna Brown, La Costa Canyon	2018
4:47.76	Gioana Lopizzo, La Costa Canyon	2023
4:48.21	Hannah Riggins, Del Norte	2023
4:49.98	Kristin Fahy, La Costa Canyon	2019
4:51.11	Tessa Buswell, Poway	2023
4:55.10	Jaelyn Williams, Eastlake	2023
4:55.26	Kristi Bache, USDHS	1988
4:55.7	Cheryl Flowers, Valhalla	1977
4:55.76	Hannah Aguirre, Patrick Henry	2024
4:56.00	Jessica Riedman, La Costa Canyon	2018
4:57.44	Kaya Scuba, Sage Creek	2024
4:58.34	Nicolette Sorensen, Torrey Pines	2013
4:59.14	Nihal Kayali, La Jolla	2009
4:59.32	Sophia Biesinger, La Costa Canyon	2023

3,200 Meters

9:57.11	Jaelyn Williams, Eastlake	2024
9:59.08	Gioana Lopizzo, La Costa Canyon	2023
10:09.78	Chiara Dailey, La Jolla	2024
10:11.38	Kristin Fahy, La Costa Canyon	2019
10:15.97	McKenna Brown, La Costa Canyon	2018
10:17.91	Mackenzie Rogers, Poway	2022
10:18.92	Alli Billmeyer, Torrey Pines	2011
10:19.17	Molly Grabill, Rancho Bernardo	2011
10:23.50	Emma Abrahamson, La Costa Canyon	2014
10:24.23	Kira Jorgensen, Vista	1987
10:24.61	Milena Glusac, Fallbrook	1991
10:26.15	Carlie Dorostkar, Canyon Crest	2019
10:27.73	Shanoah Souza, La Costa Canyon	2011
10:29.65	Aimee Trujillo, Poway	2011
10:29.70	Megan Morgan, Torrey Pines	2010
10:31.07	Betsy Chadwick, Mira Mesa	1981
10:31.65	Stormy Wallace, Sage Creek	2021
10:32.62	Sandy Blakeslee, Vista	1983
10:33.10	Skyler Wallace, Sage Creek	2019
10:35.93	Annika Salz, Torrey Pines	2021
10:36.05	Darcy Arreola, Grossmont	1986
10:36.34	Courtney Baird, Helix	1999
10:36.58	Katy Andrews, La Costa Canyon	2007
10:36.83	Julie Manson, Rancho Bernardo	2000
10:37.05	Kelly Bernd, Canyon Crest	2016
10:37.70	Mallory Asis, Mira Mesa	2021
10:38.0	Nicole Nugent, Torrey Pines	1987
10:38.23	Sammy Silva, Our Lady of Peace	2009
10:39.89	Kyra Compton, La Costa Canyon	2022

10:40.12	Maureen Winner, Torrey Pines	1984
10:40.34	Desiree Davila, Hilltop	2001
10:40.84	Kelly Lawson, La Costa Canyon	2012
10:41.44	Tina Allen, Santana	1982
10:41.65	Shelly Lachel, Monte Vista	1981
10:42.7	Julie Ott, USDHS	1997
10:43.18	Mira Hornbacher, RBV	1989
10:43.59	Hannah Aguirre, Patrick Henry	2024
10:43.62	Gabriella Peters, Sage Creek	2024
10:43.8	Lori Giacinti, USDHS	1997
10:44.24	Kelsey O'Connell, Torrey Pines	2013
10:44.34	Erica Barrett, Westview	2016
10:44.35	Katja Dunayevich, Canyon Crest	2024
10:45.41	Ashlyn Dadkhah, Torrey Pines	2012
10:45.48	Melissa Keim, San Pasqual	1993
10:45.48	Nicolette Sorensen, Torrey Pines	2013
10:45.65	Patricia Miessner, Eastlake	2018
10:45.91	Sabrina Seay, Mt. Carmel	2013
10:46.01	Laura Moran, Mt. Carmel	2016
10:46.04	Kira Loren, Canyon Crest	2016
10:46.46	Angela Ortlieb, San Pasqual	2014
10:46.63	Ellie Abrahamson, La Costa Canyon	2012
10:46.84	Sheree Shea, University City	2009
10:46.96	Hannah Riggins, Del Norte	2023
10:47.26	Loretta Kilmer, Ramona	2001

2-Mile

10:00.68	Jaelyn Williams, Eastlake	2024
10:16.43	Gioana Lopizzo, La Costa Canyon	2024
10:29.07	Claire Rethmeier, San Pasqual	2004
10:44.6	Carol Keller, Helix	1977
10:47.7	Cheryl Flowers, Valhalla	1979
10:49.8	Teri Brown, San Pasqual	1979

100 Hurdles (33')

13.59	Anisa Bowen-Fontenot, San Diego	2024
13.61	Aaliyah McCormick, Scripps Ranch	2022
13.67	Charlize James, San Diego	2022
13.86	Dani Johnson, Cathedral Catholic	2015
14.04	Kapiolani Coleman, Cathedral Catholic	2022
14.13	Danielle Littleton, Vista	2009
14.15	Elise Miller, San Pasqual	2021
14.17	Hannah Nealis, Valley Center	2016
14.26	Asia Smith, Mission Vista	2017
14.27	Taylor Larch-Miller, Torrey Pines	2012
14.28	Sonia Redon, San Diego	2019
14.28	Jessica Eggleston, El Camino	2003
14.29	Lillian Cook, Steele Canyon	2024
14.32	Gail Devers, Sweetwater	1984
14.32	Leah Molter, Valhalla	2015
14.33	Laijah Blue, Granite Hills	2004
14.35	Erin Blunt, San Pasqual	1992
14.36	Hannah Labrie-Smith, Cathedral	2014
14.38	Devin Collins, Granite Hills	2011

14.41	Tajanique Bell, Scripps Ranch	2016
14.42	Karolina Gates, Point Loma	2024
14.49	Andria Booker, El Camino	1998
14.50	Joniece Ervin, Oceanside	2012
14.52	Shakira Thompson, Helix	2005
14.54	Sydney Magdalena, Olympian	2014
14.54	Kim Dill, Poway	1990
14.62	Melissa Barnum, Rancho Bernardo	2009
14.62	Tamika Brazzel, El Camino	2011
14.64	Kelli Hancock, La Jolla	2013
14.69	Alishia Carter, Rancho Bernardo	1998
14.73	Iesha Iwobe, Oceanside	2010
14.76	Zamaria Mack, Otay Ranch	2024
14.76	Alyssa Chang, Otay Ranch	2012
14.78	Tanisha Johnson, Helix	2002
14.78	Morgan Rehm, San Pasqual	2013
14.79	Gabrielle Thomas, Grossmont	2024
14.80	Susanna Marshall, Canyon Crest	2008
14.80	Janaysha Lyons-Walker, Morse	2013
14.82	Latanya Agurs, Grossmont	1998
14.84	Kate Thomas, Torrey Pines	2018
14.86	Katie Coin, Rancho Bernardo	2000
14.87	Tyra Jones, San Marcos	2014
14.93	Meggie Afenir, Escondido	2003
14.93	Tia Knight, Steele Canyon	2011
14.96	Morgan Rehm, San Pasqual	2011
14.97	Emelliah Vaught, Steele Canyon	2019
14.99	Bahed Hernandez, Mt. Carmel	1996
15.02	Hayley O'Brien, Valhalla	2009
15.03	Kiesha Porter, Mira Mesa	1994
15.05	Carli Lloyd, Fallbrook	2005
15.06	Jasmine Young, Serra	2014
15.09	Larissa Johnson, Poway	2013
15.09	Charay Savage, Otay Ranch	2006
15.09	Teigen O'Donnell, La Costa Canyon	2017

300 Low Hurdles

41.26	Morgan Herbst, Carlsbad	2024
41.30	Dani Johnson, Cathedral	2015
41.67	Hannah Labrie-Smith, Cathedral Catholic	2014
41.88	Anisa Bowen-Fontenot, San Diego	2023
41.99	Tajanique Bell, Steele Canyon	2016
42.19	Kapiolani Coleman, Cathedral Catholic	2022
42.19	Karina Janik, Torrey Pines	2023
42.26	Gail Devers, Sweetwater	1983
42.32	Leah Molter, Valhalla	2015
42.59	Kelli Hancock, La Jolla	2013
42.62	Joniece Ervin, Oceanside	2012
42.69	Erin Blunt, San Pasqual	1991
42.71	Charlize James, San Diego	2022
42.71	Alia Scott, Vista	2018
42.75	Taylor Larch-Miller, Torrey Pines	2012
42.77	Aaliyah McCormick, Scripps Ranch	2021
43.04	Tanisha Johnson, Eastlake	2000

43.27	Lillian Cook, Steele Canyon	2024
43.38	Dominika Janik, Torrey Pines	2022
43.40	Zamaria Mack, Otay Ranch	2024
43.53	Kate Thomas, Torrey Pines	2018
43.61	Megan Mattson, Sage Creek	2018
43.63	Tamika Brazzel, El Camino	2012
43.67	Maya Occiano, Mission Hills	2018
43.67	Madilyn Mayo, Grossmont	2018
43.67	Devin Collins, Granite Hills	2011
43.80	Janaysha Lyons-Walker, Morse	2013
43.82	Laiah Blue, Granite Hills	2004
43.82	Catie Coin, Rancho Bernardo	2000
43.86	Audrey Pound, Poway	2001
43.91	Jessica Garcia, Rancho Bernardo	2013
43.94	Shannon Proffer, Santana	1990
43.95	Makell Edwards, San Pasqual	2019
43.96	Michelle Outlaw, Lincoln	1986
43.99	Morgan Rehm, San Pasqual	2013
44.00	Janet Duffy, Mt. Carmel	1984
44.03	Hannah Nealis, Valley Center	2016
44.10	Rudy Mandell, Del Norte	2016
44.18	Lauren Medley, Del Norte	2021
44.30	Danielle Littleton, Vista	2009
44.30	Jessica Eggleston, El Camino	2003
44.30	Nastassja Hall, RBV	2002
44.44	Kim Dill, Poway	1989
44.44	Cassandra Tyson, Mt. Carmel	1989
44.46	Carrie Vickery, El Capitan	1995
44.47	Carlene Jones, Morse	1993
44.51	Bryeanna Barmer, Helix	2000
44.56	Sharita Thompson, Helix	2006
44.53	Wendy Edelen, Crawford	1981
44.58	Karoline Gates, Point Loma	2024
44.59	Stacy Thompson, Morse	1988
44.60	Kiesha Porter, Mira Mesa	1994
44.60	Tisha Matthews, El Camino	1998
44.64	Jennifer Pedroza, Escondido	2018
44.64	Unika Smith, Lincoln	2000
44.66	Monique Van, Steele Canyon	2013
44.66	Sonia Redon, San Diego	2019
44.67	Alexi Allen, San Marcos	2019
44.69	Marline Estell, Mission Hills	2011
44.71	Simone James, Christian	2019
44.71	Maddie Murray, Poway	2015
44.80	Cathy Stark, San Pasqual	1989
44.80	Breanna Curry, University City	2014
44.81	Sydney Magdalena, Olympian	2012
44.83	T'Shara Hicks, University City	2004
44.83	Jeyla Spencer, San Diego	2013
44.90	Julie Cartere, Southwest	1982
44.90	Erin DeHahn, Hilltop	1999
44.91	Annie King, La Jolla	1981

400 Meter relay

45.94c (46.14y)	Crawford	1977
46.35	Morse	2001
46.41	Scripps Ranch	2019
46.42	El Camino	2003
46.44	Morse	2000
46.44	Morse	1996
46.68	Morse	1998
46.78	Morse	1994
46.82	El Camino	2004
46.89	Morse	1987
46.99	Morse	1995
47.00c (47.20y)	Crawford	1978
47.00	Steele Canyon	2024
47.03	El Camino	2002
47.06	Poway	2008
47.12	Morse	1989
47.28	Olympian	2018
47.29	Morse	2005
47.31	Torrey Pines	2012
47.33	Morse	1991
47.37	Rancho Bernardo	2015
47.38	Morse	2003
47.41	Morse	1982
47.45	Morse	1985
47.46	San Marcos	2018
47.48	Morse	1997
47.48	Steele Canyon	2023
47.54	Cathedral Catholic	2015
47.54	Morse	1999
47.59	University City	2005
47.60	Helix	2002
47.62	El Camino	2000
47.65	Lincoln	1998

1,600 Meter Relay

3:47.63	Cathedral Catholic	2015
3:49.12h	Morse	1996
3:49.75	Mt. Carmel	1991
3:49.93	Poway	2022
3:50.63	Scripps Ranch	2019
3:50.66	Torrey Pines	2012
3:51.20	Carlsbad	2024
3:51.38	Morse	1999
3:51.54	Poway	2021
3:51.75	La Jolla	2012
3:52.20	San Pasqual	1991
3:52.28	Carlsbad	2012
3:52.31	Morse	1993
3:52.35	Olympian	2018
3:52.61	Torrey Pines	2018
3:52.72	Morse	2001
3:53.00	Carlsbad	2023

3:53.03	La Jolla	2016
3:53.07	San Pasqual	1992
3:53.07	La Costa Canyon	2005
3:53.12	Del Norte	2022
3:53.32	La Jolla	2017
3:53.43	Morse	1997
3:53.44	Mt. Carmel	1992
3:53.59	University City	2004
3:53.84h	Mt. Carmel	1990
3:53.95	Mt. Carmel	1989
3:53.98	La Jolla	2013
3:53.99	Mission Hills	2018
3:54.12	La Costa Canyon	2016
3:54.12	Mt. Carmel	2009
3:54.31	Mt. Carmel	1985
3:54.35	Morse	1991
3:54.78	Rancho Bernardo	2014
3:54.86	Olympian	2017
3:54.87	Carlsbad	2022
3:54.90	Cathedral Catholic	2016

Mile Relay

3:50.47	Crawford	1981
3:51.93	Crawford	1978
3:52.01	Morse	1981
3:53.6	Crawford	1977

3200 Meter Relay

8:51.78	Del Norte	2023
9:10.51	Cathedral Catholic	2024
9:13.90	Del Norte	2024
9:19.56	Sage Creek	2023
9:20.23	Scripps Ranch	2024
9:21.95	Rancho Bernardo	2013
9:23.35	San Marcos	2022
9:25.15	Rancho Buena Vista	2011
9:25.82	Cathedral Catholic	2010
9:25.99	Mt. Carmel	1990
9:26.24	Torrey Pines	2010
9:26.38	Torrey Pines	2007
9:27.30	Cathedral Catholic	2023
9:27.50	Torrey Pines	2009
9:28.92	Torrey Pines	2008
9:30.72	Del Norte	2022

High Jump

6-1 ¾	Sue McNeal, Carlsbad	1979
5-11	Whitney Sisler, La Costa Canyon	2007
5-10 ½	Alysa Hickey, Coronado	2019
5-10 ¼	Jamie Klages, Coronado	2005
5-10	Lynn Patrick, Serra	1988

5-9	Lizzy Tarczy, Scripps Ranch	2023
5-9	Cheyenne Roberts, Westview	2020
5-9	Breanna Curry, University City	2013
5-9	Danielle Bryan, El Camino	2012
5-9	Lisa Underhill, RBV	1997
5-8 ½	Lindsay Whetstine, Mt. Carmel	2005
5-8 ¼	Chris Remmling, San Dieguito	1976
5-8 ¼	Karyn Armstrong, Torrey Pines	1988
5-8 ¼	Sara Macey, Vista	2008
5-8	Jackie Anderson, Mt. Miguel	1986
5-8	Christy Kurras, Poway	1988
5-7 ½	Cindy Gilbert, Oceanside	1974
5-7 ½	Breeze Czapinski, Poway	2023
5-7	Denise Parker, Hoover	1964
5-7	Gabby LeClaire, Monte Vista	1981
5-7	Kim Reed, Valhalla	1984
5-7	Bonnie Zabinsky, Valley Center	2004
5-7	Julianna Holm, Maranatha	2021
5-7	Macaria Moore-Bastide, Eastlake	2022

Pole Vault

14-6	Ashley Callahan, Rancho Bernardo	2021
14-0	Iliana Downing, La Costa Canyon	2023
14-0	Allison Leigh, Del Norte	2021
14-0	Lexi Evans, Scripps Ranch	2022
13-6	Kortney Ross, Westview	2010
13-5	Paige Echsner, Del Norte	2024
13-3	Tracy O'Hara, Rancho Bernardo	1998
13-3	Camryn Thompson, Poway	2019
13-3	Maya Grudman, Sage Creek	2021
13-3	Evangeline Thompson, Poway	2022
13-3	Avery Hilliard, Poway	2023
13-2	McKenzie Johnson, Clairemont	2012
13-1	Mimi Lian, Rancho Bernardo	2012
13-0	Nicole Loy, Del Norte	2021
13-0	Mia Cervantes, Poway	2019
13-0	Katerina Adamiec, Poway	2019
13-0	Emily Mattoon, Rancho Bernardo	2007
13-0	Rose Wagner, Fallbrook	2022
12-9	Sophie Humer, Rancho Bernardo	2024
12-9	Kate Mattoon, Rancho Bernardo	2005
12-9	Quincy Hansen, San Dieguito	2022
12-9	Melodie Quiroz, Rancho Bernardo	2022
12-8 ¼	Kathleen Donoghue, Rancho Bernardo	1999
12-8	Kelly DeJong, Maranatha	2024
12-7	Augusta Thomason, Rancho Bernardo	2014
12-6	Kayla Myers, Poway	2017
12-6	Charlotte O'Connor, Rancho Bernardo	2021
12-6	Lilia Montiel, Rancho Bernardo	2023
12-4	Sara Wagenfeld, Calvin Christian	2016
12-3	Caitlin Khieu, Del Norte	2024
12-3	Emily Mendoza, Poway	2012
12-3	Janea Russ, Granite Hills	2002
12-3	Molly Pascarella, Rancho Bernardo	2001

12-3	Joanna Burkhart, Oceanside	2006
12-3	Jessica Condliff, Canyon Crest	2023
12-2 ½	Natalie Dennison, Rancho Bernardo	1999
12-2	Kaitlin McCallum, LJCD	2012
12-2	Cassandra Cinzori, San Dieguito	2023
12-1	Jada Potenciano, Rancho Bernardo	2024
12-1	Claire Chandler, Cathedral Catholic	2015
12-1	Ama Navidi, Rancho Bernardo	2003
12-0	Alisa Galkina, Torrey Pines	2024
12-0	Chloe Tseng, Del Norte	2024
12-0	Katie Snedden, OLP	2024
12-0	Madison Rauch, San Pasqual	2021
12-0	Mikayla Ray, Rancho Bernardo	2019
12-0	Bianca Becker, Canyon Crest	2016
12-0	Jady Tolda, Cathedral	2013
12-0	Erin Asay, Sweetwater	2001
12-0	Jordan Kinkead, LJCD	2022

Long Jump

20-7	Gail Devers, Sweetwater	1984
20-6 ½	Akiba McKinney, Monte Vista	1997
20-5	Amy Littlepage, Mt. Miguel	1993
20-2	Alysah Hickey, Coronado	2019
19-11 ¾	Jasmine Gibbs, El Camino	2012
19-9 ½	Miche Scott, El Camino	2012
19-7	Jessica Eggleston, El Camino	2003
19-6 ½	Andria Booker, El Camino	1998
19-4 ¼	Elise Miller, San Pasqual	2021
19-4	Nichelle Strahan, Mt. Miguel	1986
19-4	Latanya Canada, Castle Park	1987
19-3 ½	Debbie Wilford, Castle Park	1977
19-2 ½	Talisha Dozier, Mt. Miguel	2014
19-2	Tamika Brazzel, El Camino	2012
19-1 ½	Mya Cross, Steele Canyon	2017
19-1 ¼	Jewell Lovelady, Crawford	1977
19-1	Laura Stowe, Torrey Pines	1987
19-1	LaRonda Hite, Lincoln	1997
19-1	Jazmine Scott, Gompers	2017
19-0 ¾	Kalani Hardyway, Oceanside	2019
19-0 ¾	Karly Zlatic, La Jolla	2013
19-0 ½	Kapiolani Coleman, Cathedral Catholic	2021
19-0 ½	Michelle Outlaw, Lincoln	1987
19-0 ¼	Jackae Bridges, Mater Dei Catholic	2009
19-0	Sparkle Anderson, Serra	2003
19-0	Nastassja Hall, RBV	2002
18-11 ¾	Melinda Forest, Mt. Miguel	1993
18-11 ½	Jessica Thomas, El Camino	2000
18-11	Asia Smith, Mission Hills	2016
18-11	Katriina Wright, University City	2021
18-10 ¾	Kim Huey, Santa Fe Christian	1985
18-10 ¾	Nedra Dillon, Mission Bay	1989
18-10 ½	Vanessa Spizewski, RBV	2017
18-10 ¼	Holly Stallman, Ramona	2016
18-10 ¼	Chris Mose, El Cajon	1981

18-10	Tatum Faith, La Costa Canyon	2024
18-10	Rochelle Johnson, Henry	1989
18-10	Carlene Jones, Morse	1994
18-10	Kasey Kearin, Rancho Bernardo	2006

No Wind Information

20-11	Jasmine Gibbs, El Camino	2012
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Wind-aided

20-9	Alysah Hickey, Coronado	2019
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Triple Jump

42-3 ½	Elise Miller, San Pasqual	2021
41-8 ¼	Jackie Anderson, Mt. Miguel	1987
41-1	Tamika Brazzel, El Camino	2012
40-11 ½	Andria Booker, El Camino	1998
40-8 ¾	LaFrana West, Grossmont	1988
40-6 ¾	Rochelle Johnson, Henry	1989
40-6 ¼	Tamieka Porter, Orange Glen	1993
40-4	Amy Littlepage, Mt. Miguel	1993
40-4	Sparkle Anderson, Serra	2003
39-9 ¼	Jessica Eggleston, El Camino	2002
39-9	Olivia Nash, Calvin Christian	2016
39-7	Tamara Espinoza, Hilltop	1997
39-6	Gail Devers, Sweetwater	1984
39-5 ½	Jazmine Scott, Gompers	2018
39-4 ½	Heather Leidle, RBV	2005
39-2 ¼	Shadesia Pearman, Mt. Miguel	1993
39-2	Stacy Thompson, Morse	1988
39-1 ¼	Sherita Williams, El Camino	1997
39-1	Kasey Kearin, Rancho Bernardo	2006
39-0 ¾	Deajanae Harvey, Granite Hills	2015
39-0 ¾	Iesha Iwobe, Oceanside	2010
39-0 ½	Kalani Hardyway, Oceanside	2019
39-0 ½	Latanya Agurs, Grossmont	1998
38-11 ½	Malia Jones, Oceanside	2024
38-11	Brianna Gibson, NC High Tech	2021
38-11	Kathy Sorenson, Hilltop	1994
38-9	Johnna Noiseaux, Eastlake	2014
38-8 ¾	Adrienne Farrington, Rancho Bernardo	1998
38-8 ½	Alexandria Young, Mater Dei	2011
38-8	Taylor Williams, Escondido	2008
38-7	Katina Harrison, Mt. Miguel	1991
38-6 ¼	Shirley Anku, RBV	1997
38-6	Mercedes Beckham, Oceanside	2017
38-5	Shaniqua Reddick, Oceanside	2009
38-4 ¾	Jenniece Pingley, El Camino	2022
38-3 ¾	Angela Sims, El Camino	1990
38-3 ½	Casey Whyte, San Pasqual	1996
38-3	Sydney Barnes, Olympian	2016
38-2 ¾	Jade Cany, Torrey Pines	2017
38-2 ½	Mikaela Miles, Point Loma	2022

38-1 ¾	Caitlin Cole, Del Norte	2013
38-1 ½	Monique Van, Steele Canyon	2012
38-1 ½	Cambria Galloway, Cathedral	2015
38-1 ¼	Charay Savage, Otay Ranch	2006

Shot Put

49-6	Kathy Devine, Mission Bay	1974
48-3 ½	Laulauga Tausaga, Mt. Miguel	2015
47-5	Kennedy Clarke, Cathedral Catholic	2022
47-0	Michelle Alice, Del Norte	2016
46-10 ½	Aiga Marie Taumua, Sweetwater	2001
45-10 ¼	Breanna Jemison, Carlsbad	2011
45-1 ½	Brandy Atuatasi, Steele Canyon	2019
45-0 ¾	Tracy Crawford, Southwest	1986
44-9	Carrie Johnson, Fallbrook	2002
44-5	Nu'u Tuilefano, El Camino	2018
44-0	Raeanna Makihele, San Marcos	2002
43-10 ¾	Laura Hughes, Orange Glen	1988
43-10	Noelle Elkinton, Del Norte	2021
43-10	Jakayla Daniels, El Camino	2012
43-8 ½	Kiely Osby, Escondido	2014
43-8 ½	Candace Hill, Hoover	1999
43-7	Brandy Dyer, Vista	2008
43-6	Jennifer Bingham, Steele Canyon	2009
43-2 ½	Grace Ward, Hoover	2013
43-2 ½	Kartsi Leppaluoto, Madison	1986
43-2 ¼	Kristina Mataafa, Orange Glen	1992
43-2	Fernanda deOliveria, Henry	1993
43-1 ¾	Jennifer Viavia, Madison	1988
43-1 ¼	Uia Tupuolo, Vista	2004
42-11 ½	Susan Compton, Marian	1980
42-10 ½	Dereka Winters, El Camino	2005
42-8 ¼	Mulu Tosi, Morse	1989
42-7	Nneka Anyanwu, Westview	2011
42-5 ½	Mariah Counts, Poway	2011
42-3	Vanessa Sierra, El Capitan	2013
42-3	Michelle Campbell, Crawford	1987
42-2 ¼	Amanda Phelps, El Camino	2008
42-2	Amber Hood, Morse	2001
42-2	Gabriella Colon Gipson, Otay Ranch	2024
42-1 ¼	Rachel Alesi, Christian	2012
42-0	Shani Ford, Helix	2024
42-0	Lily Lagoy, Rancho Bernardo	2019
42-0	Michelle Altice, Del Norte	2015
41-11 ¾	Kaylah McNairy, San Diego	2021
41-10	Emily Aragon, Escondido	2009
41-9	Whitney DeWeese, RBV	2004
41-8 ¾	Liz Mueller, Vista	1980
41-8 ¼	Fran Hunkin, Vista	2004

Discus

167-3	Laulauga Tausaga, Mt. Miguel	2016
162-3	Brandy Atuatasi, West Hills	2021
162-0	Lori Parker, Ramona	1986
158-3	Alexa Evans, West Hills	2011

157-11	Elisabeth Driscoll, Canyon Crest	2024
156-2	Tracy Crawford, Southwest	1986
152-8	Candace Hill, Hoover	2000
151-2	Nu'u Tuilefano, El Camino	2018
151-1	Kristina Mataafa, Orange Glen	1992
149-2	Rachel Alesi, Christian	2012
148-11	Breanna Jemison, Carlsbad	2012
148-8	Noelle Elkinton, Del Norte	2021
147-9	Kennedy Clarke, Cathedral Catholic	2022
147-9	Susan Compton, Marian	1980
146-8	Michelle Altice, Del Norte	2016
146-8	Cissy Laughlin, Torrey Pines	1981
146-8	Jessica Byrne, Ramona	1998
146-7	Terri Mann, Pt. Loma	1986
146-0	Dereka Winters, El Camino	2005
145-9	Jakayla Daniels, El Camino	2012
145-5	Bertha Sola, Morse	2016
145-1	Daniella Thu, Monte Vista	2005
144-5	Whitney DeWeese, RBV	2003
144-4	Christine Oleksow, Monte Vista	1989
144-3	Scia Maumausolo, Mt. Carmel	1992
143-8	Carrie Johnson, Fallbrook	2001
143-5	Brandy Dyer, Vista	2007
143-4	Nneka Anyanwu, Westview	2010
142-7	Liz Mueller, Vista	1980
142-6	Jameena Hunt, Morse	2006
142-4	Jackie Turpin, Santana	2002
142-4	Mairead Frankel, Sage Creek	2023
142-4	Christina Magana, Fallbrook	1996
142-1	Katrina Crouch, El Capitan	1997
141-9	Whitney DeWeese, RBV	2002
141-8	Erin McGrath, Eastlake	1997
140-11	Breanna Makihele, San Marcos	2002

State Champions

Boys (Since 1915. No state championship meet in 2020 or 2021)

100 Meters

2024	Brandon Arrington, Mt. Miguel	10.33
2019	Kenan Christon, Madison	10.30
1992	Riley Washington, Southwest	10.30
1977	David Russell, Henry	9.61y
1974	Elijah Jefferson, Crawford	9.8y
1973	Elijah Jefferson, Crawford	9.6wy
1929	Jimmy Willson, San Diego	9.8y

200 Meters

2024	Brandon Arrington, Mt. Miguel	20.55
2019	Kenan Christon, Madison	20.69w
1977	David Russell, Henry	20.97y
1941	Glen Willis, San Diego	21.7y
1929	Jimmy Willson, San Diego	21.4y

400 Meters		
1979	Tony Banks, Morse	47.28
1946	Norm Stocks, San Diego	49.3y
1929	Cotton Warburton, San Diego	49.6y
800 Meters		
2024	Cain Evans, Carlsbad	1:50.21
2012	Alex Monsivaiz, Army-Navy	1:51.34
2008	Charles Jock, Mission Bay	1:51.64
2005	Jesse O'Brien, San Pasqual	1:53.71
1988	Mark Senior, Mt. Miguel	1:51.37
1966	Terry Rodgers, Hilltop	1:51.5y
1964	Bob Hose, Madison	1:51.1y
1957	Jim Cerveny, Mission Bay	1:52.7y
1,600 Meters		
2012	Darren Fahy, La Costa Canyon	4:08.78
2009	Mac Fleet, University City	4:05.33
2006	A.J. Acosta, El Camino	4:04.94
2000	Evan Fox, West Hills	4:09.44
1999	Marcus Chandler, Serra	4:10.44
1994	Meb Keflezighi, San Diego	4:07.67
1992	Daniel Das Neves, Helix	4:09.54
1991	Daniel Das Neves, Helix	4:12.22
1989	Francis O'Neill, San Pasqual	4:08.67
1966	Tim Danielson, Chula Vista	4:07.0y
1965	Tim Danielson, Chula Vista	4:08.4y
3,200 Meters		
2012	Darren Fahy, La Costa Canyon	9:03.29
2007	Eric Avila, Bonita Vista	9:01.77
1994	Meb Keflezighi, San Diego	8:58.11
1971	Dale Fleet, Clairemont	8:53.8y
110 High Hurdles		
1938	John Biewener, San Diego	15.3y
300 Intermediate Hurdles		
2003	Brandon Bornes, RBV	37.34
2001	Jeff Hunter, Granite Hills	36.25
1991	Keith Williams, Escondido	37.28
400 Relay		
2001	Helix	41.17
1994	El Camino	41.16
High Jump		
2010	Tyler Jordan, Ramona	6-11
1970	Jerry Culp, Oceanside	7-0 ¼
1953	Bernie Nelson, San Diego	6-4
1918	Harold Muller, San Diego	5-6
Pole Vault		
2024	Kai Anderson, University City	16-8

1995	Mike Brown, Torrey Pines	16-4
1961	Mike Graves, El Cajon Valley	14-2 ¼
1956 (Co)	Bill Logan, El Cajon Valley	13-6
1929	Bill Miller, San Diego	12-6
1928	Bill Miller, San Diego	12-9 ½
1927	Bill Miller, San Diego	12-0
1926(4-way)	Bill Hubbard, San Diego	12-4
1923(Co)	Harry Smith, San Diego	12-3 5/8
1922	Harry Smith, San Diego	11-11 ½

Long Jump

2003	Derrell Hutsona, Helix	25-5 ¾ w
1990	Jerome Price, University City	25-3 ¼
1978	Dokie Williams, El Camino	25-1 ¼
1966	Doyle Steele, San Diego	25-3 ¼
1962	James Kennedy, Lincoln	24-5 ¾
1957	Luther Hayes, Lincoln	23-8 ½

Triple Jump

2011	Marques Roberts, Otay Ranch	49-6 ½
1994	Von Ware, RBV	50-6
1989	Lenny McGill, Orange Glen	51-1 ¼
1978	Dokie Williams, El Camino	50-4 ¼
1977	Dokie Williams, El Camino	51-0 ½
1974	Willie Banks, Oceanside	50-9
1973	Willie Banks, Oceanside	49-7 ¼

Shot Put

2014	Dotun Ogundeji, Madison	65-5 ½
2006	Darius Savage, Morse	66-3 ½
2003	Jared Bray, Mission Bay	63-3 ¼
1990	Brent Noon, Fallbrook	74-4 ¾
1989	Brent Noon, Fallbrook	66-1 ½
1986	Brian Boggess, El Capitan	61-4
1968	Pete Schmock, San Dieguito	63-11
1954	Dick Bronson, Grossmont	59-7 1/8
1950	Hal Norris, Grossmont	56-5 ¼

Discus

2015	Charles Lenford, Oceanside	195-4
2013	Brenden Song, West Hills	188-8
2006	Darius Savage, Morse	205-6
2005	Darius Savage, Morse	194-8
2004	Daniel Schaerer, Bishop's	206-5
1999	Dan Ames, El Capitan	199-9

Girls

100 Meters

1984	Gail Devers, Sweetwater	11.51
1974	Janice Wisner, La Jolla	10.8y

200 Meters		
2024	Amirah Shaheed, Madison	23.53
2000	Monique Henderson, Morse	23.19
1974	Janice Wiser, La Jolla	24.2y
400 Meters		
2024	Payton Smith, La Jolla	53.39
2019	Katriina Wright, University City	53.93
2001	Monique Henderson, Morse	51.34
2000	Monique Henderson, Morse	50.74
1999	Monique Henderson, Morse	52.87
1998	Monique Henderson, Morse	53.41
800 Meters		
2024	Tessa Buswell, Poway	2:06.51
1986	Laura Chapel, University City	2:08.66
1,600 Meters		
2009	Sammy Silva, Our Lady of Peace	4:47.67
1993	Milena Glusac, Fallbrook	4:50.83
1989	Kira Jorgensen, RBV	4:49.55
1988	Kira Jorgensen, RBV	4:49.54
1987	Kira Jorgensen, Vista	4:45.98
1986	Darcy Arreola, Grossmont	4:45.13
3,200 Meters		
2024	Jaelyn Williams, Eastlake	9:57.11
2019	Kristin Fahy, La Costa Canyon	10:22.38
2010	Molly Grabill, Rancho Bernardo	10:20.25
2003	Claire Rethmeier, San Pasqual	10:27.32
1993	Milena Glusac, Fallbrook	10:42.68
1992	Milena Glusac, Fallbrook	10:28.62
100 Hurdles		
2024	Anisa Bowen-Fontenot, San Diego	13.59
2022	Charlize James, San Diego (33")	13.95
1984	Gail Devers, Sweetwater (30 ")	13.41
300 Hurdles		
2024	Morgan Herbst, Carlsbad	41.26
2022	Kapiolani Coleman, Cathedral Catholic	42.23
2014	Hannah-Labrie Smith, Cathedral Catholic	41.67
1991	Erin Blunt, San Pasqual	43.02
400 Meter Relay		
2019	Scripps Ranch	46.51
1977	Crawford	46.14y
3200 Meter Relay		
2023	Del Norte	8:55.99

High Jump

2019	Alysah Hickey, Coronado	5-8
2007	Whitney Sisler, La Costa Canyon	5-10
1987	Lynn Patrick, Serra	5-10
1978	Sue McNeal, Carlsbad	5-10 ¼

Pole Vault

2023	Iliana Downing, La Costa Canyon	13-5
2019	Ashley Callahan, Rancho Bernardo	13-4
2010	Kortney Ross, Westview	13-6
2009	Kortney Ross, Westview	13-4
2008	Emily Mattoon, Rancho Bernardo	12-6
1999	Kathleen Donoghue, Rancho Bernardo	12-8 ¼
1998	Tracy O'Hara, Rancho Bernardo	12-8

Long Jump

2018	Alysah Hickey, Coronado	19-9 ¾
1983	Gail Devers, Sweetwater	19-6
1981	Chris Mose, El Cajon Valley	18-10 ¼

Triple Jump

1994	Tamieka Porter, Orange Glen	38-11 ½
1998	Andria Booker, El Camino	40-0 ¼
1997	Andria Booker, El Camino	40-0

Shot Put

2011	Breana Jemison, Carlsbad	45-10 ¼
1975	Kathy Devine, Mission Bay	42-3 ¾
1974	Kathy Devine, Mission Bay	47-4 ½

Discus

1986	Tracy Crawford, Southwest	156-2
1976	Kathy Middleton, Poway	134-5